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LANCE ARMSTRONG WRAPS HIS INTERVIEW, AND A SOURCE SAYS HE CONFESSED TO WINFREY PAGE 25

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Can he a-Ford not to?

Mayor wants to spend more. Budget proposal has some wondering if Rob Ford has changed

The $7-million package of budget additions Toronto's executive committee passed last Thursday was similar to a $6-million package the committee passed almost a year ago to the day.

But this year's proposal came from a highly unusual source: Mayor Rob Ford himself, who made his name on proposals to take spending out of the budget. The mayor's distinctly out-of-character effort to increase spending — to hire firefighters and boost a student nutrition program, among other things — raised eyebrows and questions about his motives.

It was the first time he had personally added something to the budget in as long as any of his colleagues can remember. The distinctly unusual Ford move prompted critics to rationalize his actions.

Had last year's budget defeat taught him a lesson in the value of compromise? Was he attempting to butter up council in advance of a possible vote this month on his post-ouster future? Was he trying to show potential byelection voters that he isn't interested only in cutting costs?

Ford's comments, during a media blitz this week and last, suggest that he viewed his decision as a strategic manoeuvre necessary to prevent his opponents from spending even more. Rather than selling the spending as evidence of a new conciliatory spirit, he used his time on talk radio and television to take shots at the left, re-pitch his long-dormant proposal to cut the "dysfunctional" council in half, and firmly reject the suggestion that he is a changed man.

"I'm Rob Ford. It's going to be pretty hard to change," he told CP24's Stephen LeDrew on Monday. He added: "I don't think I have. Some people might say 'he has,' but I can't really see it."

The money needed to pay for the spending package was taken from a social housing reserve fund; Ford has previously said he is opposed to the use of reserves to pay for operating costs.

TORSTAR NEWS SERVICE

Because not all kids like football

"I've seen the benefits of the arts ... Maybe I wasn't engaged as much as I should've been a couple of years ago. Now I've learned. I've seen the benefits of it. It engages young people who find arts as exciting as many kids find sports." Mayor Rob Ford

STUDY IN BED, WITH A FEW FRIENDS

It's being billed online as an epic student sex-club adventure — and in other corners of the web, a student orgy. University of Toronto's Sexual Education Centre (SEC) is kicking off its annual Sexual Awareness Week next Monday at Oasis Aqua Lounge, whose owner, Jana Matthews, is seen here in the Club's Red Room. The downtown club bills itself as a water-themed adult playground, where swingers are welcome and sex is allowed everywhere but the hot tub. But SEC organizers insist they are not funding a 'student orgy.' The group's mission is to foster a sex-positive attitude in the greater U of T area by offering information, safer-sex supplies, and peer counselling. For the full story, see page 3. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Essays sold on Craigslist are pretty crappy

For a feature on plagiarism, Metro bought a $97, custom-written, 1,000-word paper about William Lyon Mackenzie King — and our prof tore it apart PAGE 6

Bunga bunga theory

Silvio Berlusconi finds out his sex-for-hire trial will go on, even as he continues campaigning. Now, the former Italian PM's lawyers are accusing the court of interfering in the country's general election PAGE 10

What Foster really meant

"I am not Honey Boo Boo Child." Huh? Jodie Foster's acceptance speech at the Golden Globes left some people confused. Metro's Ned Ehrbar decodes the actress's musings PAGE 15

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Suspicious death

Police search golf course for remains

York Region police are scouring the Uplands Golf and Ski Club north of Toronto for more body parts after a human skull was found there on the weekend. Police say investigators are still trying to determine if the skull is male or female. The death is being treated as suspicious. THE CANADIAN PRESS

Police search the Uplands golf club in Vaughan after a human skull was found there on the weekend. JENNIFER PAGLIARO/TORSTAR NEWS SERVICE

Double homicide

Funeral held for Toronto couple slain in Florida

A Toronto couple killed in their Florida vacation home last week were buried on Monday, as police continued to investigate.

Rochelle Wise, 66, a former day camp director and educator, and her husband, David Pichosky, 71, were found dead on Thursday evening in their home in Hallandale Beach, where they spent winters.

Police in Hallandale Beach say they are investigating the case as a double homicide, but are still waiting for a medical examiner's report to determine the cause of death.

No arrests have been made and police say the motive isn't known. THE CANADIAN PRESS

Murder case

Builder gets life for stabbing wife

A homebuilder who stabbed his wife in 2008 as she planned to leave him over his extramarital affair has been sentenced to life in prison with no hope of parole for 15 years. In his ruling, the judge noted that Mladen Praljak, 56, had no apparent remorse for her death. TORSTAR NEWS SERVICE

Sex ed and the city

It's not an orgy!

U of T student group hosts 'epic sex club adventure'

The University of Toronto Sexual Education Centre (SEC) is kicking off its annual Sexual Awareness Week next Monday at Oasis Aqua Lounge, a downtown club that bills itself as a water-themed adult playground.

"U of T is holding an orgy, and you're invited! You just need your student ID," one Reddit user posted in a University of Waterloo forum.

Organizers, however, beg to differ. "Our executive director made it very clear that this is not an orgy," SEC outreach co-ordinator Dylan Tower said on Monday. "People are allowed to have sex on premise. There is not any type of 'You should be having sex when you're here.' There's no prodding or pushing in that direction."

The event begins in the daytime and organizers are asking students to keep their clothes on until 7 p.m., when the "party becomes clothing-optional, so you can get naked with all your new friends."

The SEC is an affiliated levy group of the U of T students' union. Undergraduates pay 25 cents a term for the services, and can opt out if they choose.

Quoted

"We just make sure that everyone, no matter what they're into, can communicate about it, and have a great experience socially, without people being like, 'You can't do that, that's gross.'"

SEC outreach co-ordinator Dylan Tower

The group's mission is to offer information and programming about sex, safer-sex supplies and peer counselling. For the party at Oasis, the SEC rented the club and lowered admission to $5 a person. (Normally it's $80 a couple.) Tower said it's a safe and cheaper way to introduce curious students to the sex-club scene in Toronto.

Jocelyn Wentland, a PhD student in human sexuality at the University of Ottawa, said the centre should be commended for "not hosting another 'happy hour' at the campus bar and doing something unique."

"We know that many young adults' conceptualizations of what constitutes a 'relationship' has changed over the years. Recognizing those changes and offering mechanisms and events for young adults to self-express their sexual attitudes in a safe environment should be encouraged," she said. TORSTAR NEWS SERVICE

"I'm not in the lifestyle. It's not for me, but I'm the owner, and it makes people happy," Oasis Aqua Lounge owner Jana Matthews says. The club on Mutual Street is four storeys of easy-to-clean surfaces, with sanitizing wipes, baskets of condoms and lots of places to mingle, including the back of a hippie van and a heated pool. The U of T Sexual Education Centre is hosting a party there next Monday. COLIN MCCONNELL/TORSTAR NEWS SERVICE

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Long-awaited Ashley Smith probe begins

Evidence. Jurors will view 'most disturbing' video of her death

The inquest into the death of a teenager who choked to death while prison guards videotaped the tragedy but did not intervene will serve as a memorial to her, the presiding coroner said Monday.

As the long-awaited probe finally opened, Dr. John Carlisle told jurors the death of Ashley Smith was a tragedy that needs to inform the future.

"We cannot now reverse the course of history. What is done is done," Carlisle told the five-woman jury. "This is the best memorial we can give to Ashley."

Smith, 19, of Moncton, N.B., died in October 2007 in her segregation cell at the Grand Valley Institution in Kitchener, Ont., which jurors will tour on Thursday. In an agreed statement of facts, court heard the teen died after tying ligatures around her neck while guards — ordered not to enter her cell if she was breathing — watched and videotaped.

Jurors will view the "most disturbing" video of her death because "it provides an accurate account of what happened," Jocelyn Speyer, coroner's counsel, told them.

The opening day of evidence marked the start of the second inquest. The first attempt went off the rails amid acrimonious legal squabbling, and was scrapped after the first coroner retired.

THE CANADIAN PRESS

Quoted

"Those immediate circumstances of Ashley Smith's death are shocking."

Jocelyn Speyer, coroner's counsel

Lawyer Julian Falconer leaves a Toronto coroner's courthouse on Monday following the first day of the inquest into the federal prison death of 19-year-old Ashley Smith. Falconer is representing the teen's family. THE CANADIAN PRESS

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Ikea monkey

Darwin's ex-owner refutes abuse allegations

Darwin the Ikea monkey's former owner is firing back at allegations made by the sanctuary where he currently lives, which include the claim Yasmin Nakhuda and her family physically abused the Japanese macaque. Ted Charney, Nakhuda's lawyer, wrote that testimony given by two animal control officers while under oath said Darwin looked "perfectly fine" when they picked him up after he was found wandering around the parking lot at a Toronto Ikea in December. TORSTAR NEWS SERVICE

Downtown

Toronto police investigating after boy, 2, dies

Homicide detectives are investigating the death of a two-year-old boy in downtown Toronto.

Toronto police Const. Wendy Drummond says police and emergency workers responded to a call at 9:20 a.m. Monday at a home on Ontario Street and that a child was pronounced dead at the scene. She says the homicide squad is investigating the incident since that's the procedure that must be followed whenever there's a death of a child under the age of five.

TORSTAR NEWS SERVICE

Risking public support? Calls widen for teachers to resume extracurriculars

As Toronto elementary and secondary teachers gear up for a Tuesday rally — one scheduled for after school, now that daytime protests have been deemed illegal — their unions are facing increasing calls to bring back extracurricular activities or risk losing public support.

And it's not just students and parents asking for the return of sports and clubs in Ontario schools — one of the province's best-known labour leaders also says now is the time. "It's very difficult to accomplish anything if you don't have public support, and I'm concerned that they're losing it because of the withdrawal of extracurricular activities," said Buzz Hargrove, former president of the Canadian Auto Workers union.

While he believes it is Dalton McGuinty who deserves the "lion's share" of the blame for the current strife, by forcing contracts on teachers through Bill 115, the loss of support for both teachers and the Liberal government could lead to a Tory premier.

TORSTAR NEWS SERVICE

Canadian Auto Workers former president Buzz Hargrove. THE CANADIAN PRESS

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JESSICA SMITH
jessica.smith@metronews.ca

According to reports in the Toronto media, former Toronto District School Board director Chris Spence may have plagiarized some of his doctoral dissertation — suggesting he may have picked up plagiarism habits back in his university days. Metro takes a look at academic plagiarism today.

Hey students, want some "eloquent phrasing and sophisticated articulate arguments for your critical analysis?" Or "are you tired of wasting time in front of your laptop instead of having fun?" There may be an essay ghostwriter for you.

On Craigslist Toronto, more than 20 ads for essay-writing services were published Monday — months from end-of-the-semester crunch time.

One post advertises, "A for your essays." Another advertises a husband and wife team, both with master's degrees, who have a combined 35 years of post-secondary essay-writing experience.

One of the ghostwriters — "A for your essays" — agreed to be interviewed. Sam, who declined to give his last name, says he has an MBA.

"The way I look at it is that I am filling a need in the market. I am writing, and what they do with it is up to themselves," he wrote in an email to Metro.

Most of his clients are repeat customers, and he's taken some through both their undergraduate and MBA degrees, he said.

About three-quarters of his students will hand in his essay verbatim, even though he advises them to make it their own. Sometimes, when they write three essays in a term themselves then hand in one of his as the fourth, the TA will catch on to the difference, and they'll get caught, he said. "All students want is an A on the essay, no matter how their previous marks have been."

Sam, like all of the essay writers on Craigslist, says his essays are original, so they won't be flagged as plagiarism by Turnitin.com.

At this time of year, he'll get eight to 10 email requests a day, increasing to about 20 in March.

Many of his clients are in business school, since he advertises he has an MBA, but they come from all disciplines. Some of his best clients are older people taking a distance degree online, he said.

"Some students give me their online password, and so I do the online course for them," he said.

Sam charges $15 per 250-word page of undergrad essay writing and $20 per page at the master's level. Overnight service is between $25 and $30 per page. Other ads on Craigslist say they charge as little as $10 per page.

A Metro staffer searches Craigslist Toronto ads for essay-writing services on Monday. DAVID VAN DYKE/METRO

Buy a paper, get an easy A? Not this one

As with everything you can buy on Craigslist, it's buyer beware for purchased plagiarism.

Metro ordered a $97, custom-written, 1,000-word essay from AcademicWritingBrokers.com, which advertises on Craigslist Toronto. As promised, it arrived within 24 hours and passed a check on Turnitin.com, the site most universities use to flag plagiarism.

The topic, "Is William Lyon Mackenzie King an idealist or opportunist?" was from Dan Azoulay's Twentieth-Century Canada history class at York University.

"It's not a very good essay," said Azoulay of the finished product. "It just doesn't answer the essay question. So that's a problem."

The essay also has grammar issues, rambles without structure and doesn't come up with a thesis on Mackenzie King.

The footnotes are inadequate because they don't account for most of the information in the essay and don't include page numbers, he said.

"I wouldn't accuse them of plagiarism at first because I wouldn't have any evidence of that," he said. "I'd ask for references for all the content, with page numbers. And then I would check several of those references to make sure the information ... actually comes from those sources."

Azoulay notes it would be a very difficult task for a student who didn't write the paper in the first place, and that may be how he'd realize they hadn't written it. If they didn't fix the problems, they'd get a failing grade, he said.

A student upset with that result would have little recourse. Academic Writing Brokers includes a disclaimer on their site, stating that the papers are "strictly sold as research assistance" and the company accepts no liability.

Just because this purchased essay would have raised flags for him, a higher-quality one might not. Azoulay said he has no way of knowing if a student has ever successfully submitted a purchased, plagiarized essay in his class.

"I'm sure there are instances when students get away with it," he said.

A more common form of plagiarism takes place when students copy-and-paste information from the Internet into their essays without attribution.

The best way to combat such academic dishonesty is to talk with the students and make sure they have a good knowledge of the information in their papers, he said.

JESSICA SMITH/METRO

What $97 gets you

"William Lyon Mackenzie King was the leading Canadian politician beginning in the early 1920's till 1940's — he was elected as the 10th Prime Minister of Canada in the year 1921 for a five year term that ended in the year 1926 and again for the following term from 1926 to 1930."
— The opening sentence from a purchased essay

From Spence to Wente

Recent plagiarism allegations

Chris Spence. The director of the TDSB resigned last week after apparent plagiarism in his public writings.

Bureaucrats. The Globe and Mail recently reported that almost 60 federal bureaucrats were caught cutting and pasting information directly into open-book exams.

Margaret Wente. In 2012, Wente apologized for using a sentence written by another columnist, calling it "extremely careless."

RICK MERCER REPORT
This week, Rick takes on cable snowboarding at Adrenaline Adventures Park in Winnipeg.
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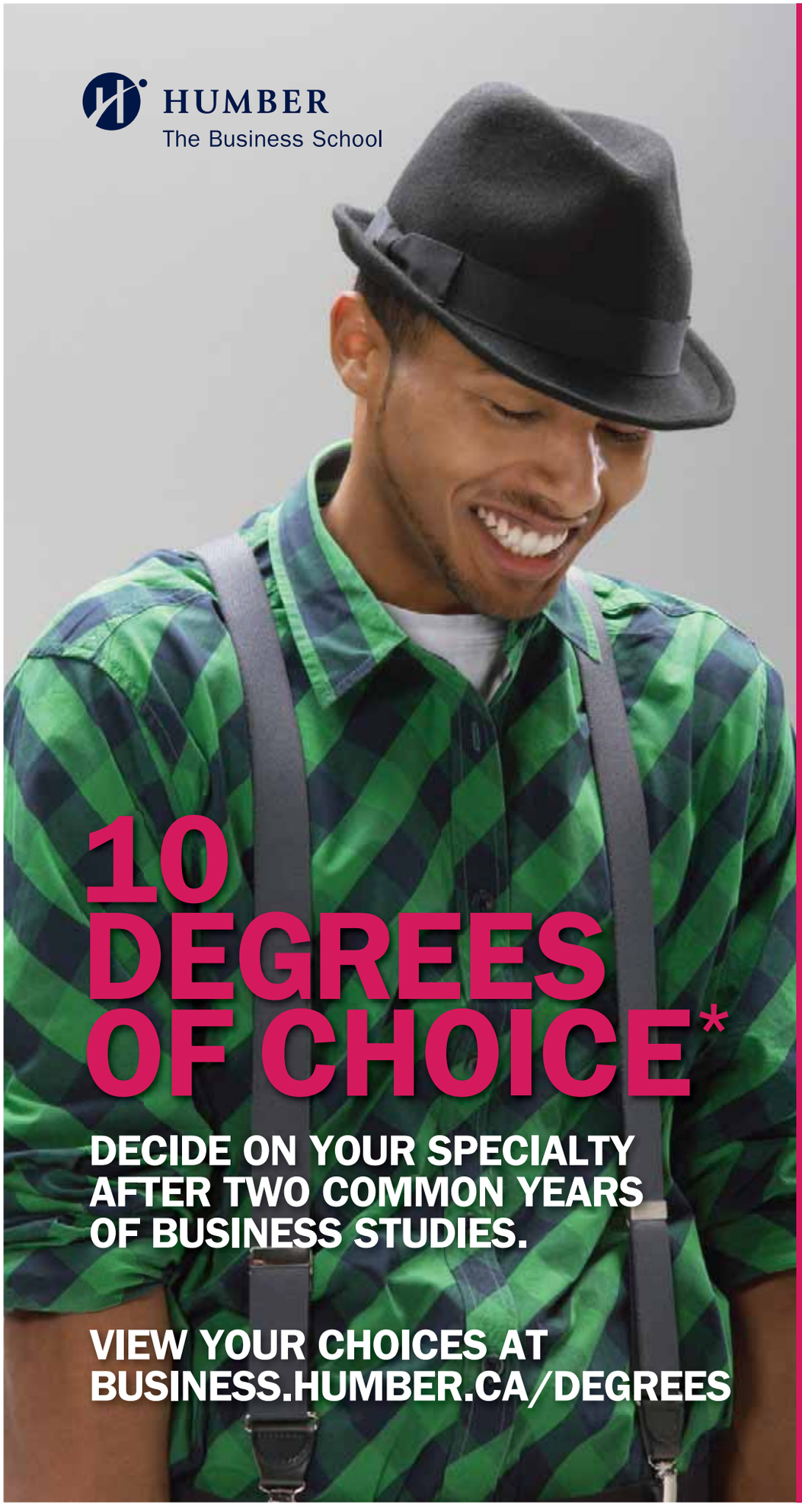

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Canada sends C-17 to Mali to support France

Group with al-Qaida links has seized part of African nation.
Canada has sent one military cargo plane, but Harper says no combat for Canadians

Canada is contributing one of its large C-17 military cargo planes to deliver supplies to the capital of Mali after a request from France.

But Prime Minister Stephen Harper insists no Canadian Forces personnel will be involved in any combat action in the landlocked West African country. And he says the transport plane commitment will be short.

An al-Qaida-linked group has seized the northern part of Mali and is advancing south.

The Canadian plane will be used to transport equipment and supplies into the Malian capital of Bamako, which is not in the combat zone.

Canadian involvement

"At no time will Canadian Armed Forces members be participating in direct action against insurgent forces in Mali."
Prime Minister Stephen Harper

France, which began air strikes last week against insurgents in the north, has ordered the immediate evacuation of all French nationals living in the Malian town of Segou.

"There is a serious situation in northern Mali, where there is a large territory now occupied by essentially terrorist entities, who are looking at expanding their influence throughout Africa," Harper said at a Montreal news conference. THE CANADIAN PRESS

Canada is contributing one of its large C-17 military cargo planes, pictured here, to deliver supplies to Mali after a request from France. RICHARD LAM/THE CANADIAN PRESS

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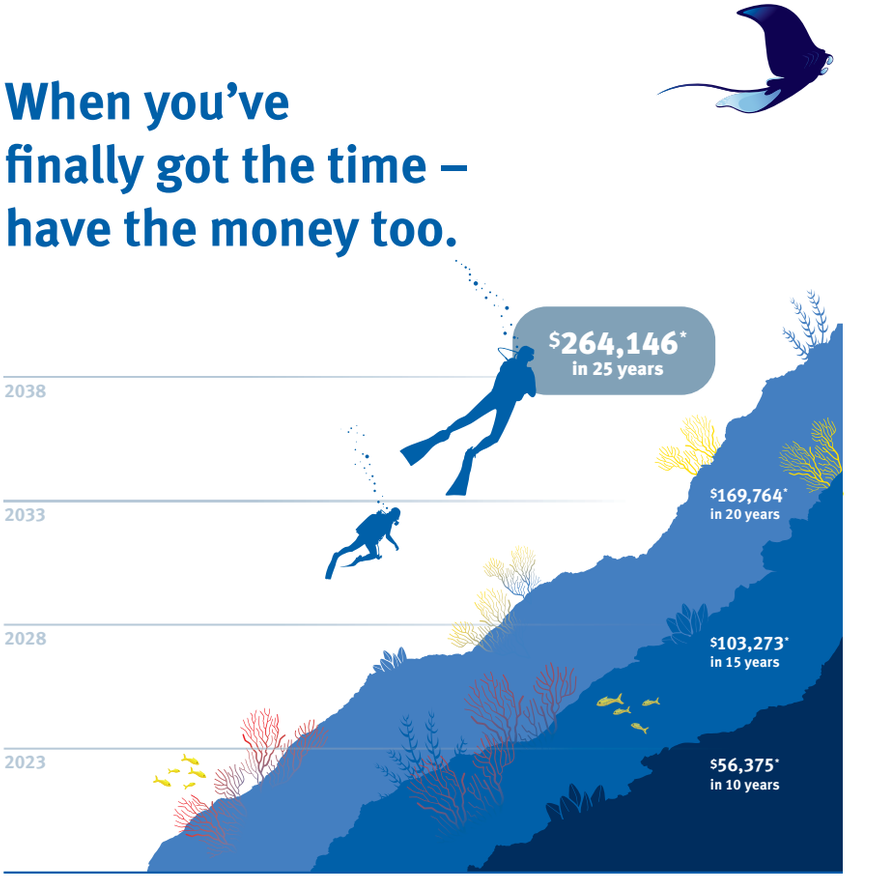

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'Not a deadbeat nation.' Obama says Congress must act quickly to raise the U.S. debt ceiling

Barack Obama THE ASSOCIATED PRESS

U.S. President Barack Obama demanded on Monday that lawmakers raise the nation's $16.4 trillion federal debt limit quickly, warning that "Social Security benefits and veterans' checks will be delayed" if they don't and cautioning Republicans not to insist on cuts to government spending in exchange.

"They will not collect a ransom in exchange for not crashing the economy," he said at the 21st and final news conference of his first term. "The full faith and credit of the United States of America is not a bargaining chip. And they better decide quickly because time is running short."

Answering questions for about an hour, Obama also said he will soon ask Congress to enact new gun control legislation in the wake of the shootings that left 20 elementary students dead at a Newtown, Conn., school a little more than a month ago.

Among the proposals under consideration are a ban on assault-style weapons and high capacity ammunition magazines. Obama said he would unveil his proposals next week. Facing stiff opposition from the National Rifle Association, he conceded lawmakers may not approve everything he asks for.

But the risk of a default once the debt ceiling is reached dominated the news conference.

"We are not a deadbeat nation," Obama declared, less than a week away from taking the oath of office for a second term. THE ASSOCIATED PRESS

India

Gang-rape suspect a minor: Lawyer

One of the five men charged with gang-raping and killing a 23-year-old student on a bus in India's capital is a minor, his lawyer said Monday as he demanded an age-determination test in what could be a tactic to delay the case from being tried in a fast-track court.

Manohar Lal Sharma, the lawyer for Mukesh Singh, said at a court hearing that his client is under 18, and that police documents indicating Singh is 26 had been "manipulated."

"If you could just see his face, he is only a child," Sharma told The Associated Press. THE ASSOCIATED PRESS

Berlin

Bank robbers a bunch of pros

German police say robbers dug a 30-metre tunnel into the safe-deposit room of a Berlin bank and escaped with their haul, setting a fire as they left to cover their tracks.

Berlin police spokesman Thomas Neuendorf says the tunnel led from an underground garage into the bank's safe-deposit room.

Neuendorf said Monday that the tunnel was "very professional" and must have taken weeks or even months to complete.

Police are still trying to determine what valuables were stolen from the deposit boxes. THE ASSOCIATED PRESS

Atleo. First Nations head taking sick leave amid leadership concerns

A sudden medical leave announced Monday by the head of Canada's largest aboriginal organization will delay — but not derail — pivotal talks between First Nations and Stephen Harper, says Aboriginal Affairs Minister John Duncan.

In an interview with The Canadian Press, Duncan said there's little hope a one-on-one meeting between Harper and National Chief Shawn Atleo can still take place by Jan. 24 — a date that was floated during their contentious meetings last week.

The two leaders had agreed to talk to their respective teams and regroup soon in order to set out a concrete plan to implement the agreements reached last week on re-examining ancient treaties and aboriginal rights.

Duncan said he does not expect Atleo to return to work for at least another two weeks. Still, he said backroom work on the agreements reached last Friday will continue as planned, involving top officials from the government and the Assembly of First Nations.

"No one has got certainty for when the national chief will return, but I took it that it would be at least two weeks away," Duncan said. "But we were thinking ... it would be at least that long before any further meeting got underway."

Assembly of First Nations National Chief Shawn Atleo THE CANADIAN PRESS

Atleo announced Monday that his doctor has ordered him to take a "brief" sick leave despite the AFN being in the midst of a political crisis, with some chiefs and First Nations citizens questioning the group's authority.

Atleo came down with the flu before Christmas and never had a chance to beat it, said Jody Wilson-Raybould, the regional chief for British Columbia. THE CANADIAN PRESS

Gone, but not forgotten

Jimmy Greene kisses his wife Nelba Marquez-Greene as he holds a portrait of their daughter, Sandy Hook school shooting victim Ana Marquez-Greene, formerly of Winnipeg, at a news conference at Edmond Town Hall in Newtown, Conn., Monday. One month after the mass school shooting at Sandy Hook Elementary School, the parents joined a grassroots initiative unveiled Monday called Sandy Hook Promise, which supports solutions for a safer community. JESSICA HILL/THE ASSOCIATED PRESS

B.C. Supreme Court

Human smuggling law struck down

Canada's human smuggling law has been struck down by the British Columbia Supreme Court, leaving two high-profile prosecutions in limbo with a judge's advice that the federal government go back to the drawing board. He said the result could lead to the prosecution of people like humanitarian workers. THE CANADIAN PRESS

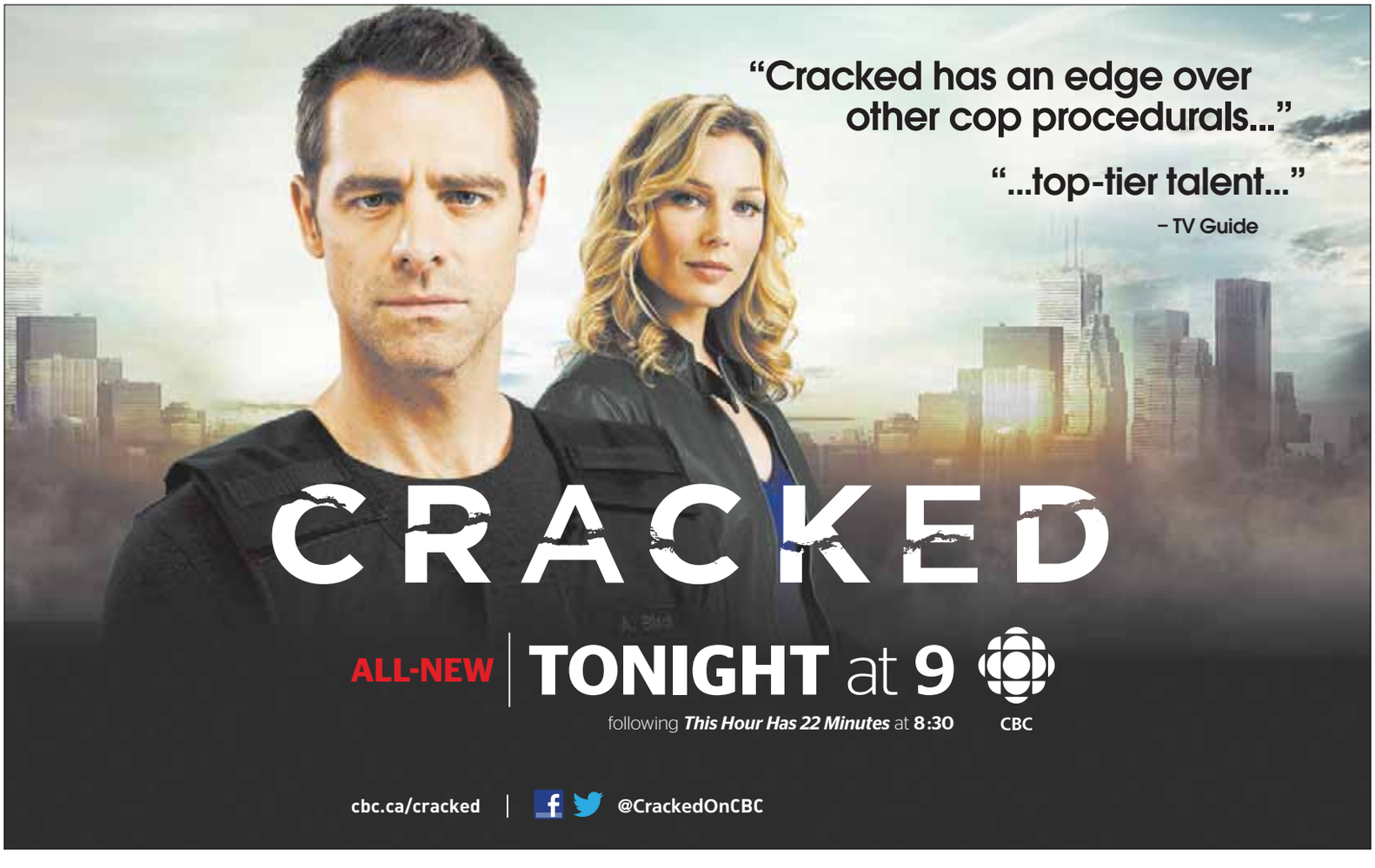
Facebook fling

Kelly files for divorce from Kelly

It took a simple Facebook message from one Kelly Hildebrandt to another Kelly Hildebrandt to get the wheels of love turning.

When the virtual relationship blossomed despite geographical differences — she was from Florida, he from Texas — they became instant celebrities.

But it seems the two are no longer Facebook friends. The young couple filed for divorce in July, according to Broward County, Fl., court records. The case is still pending. TORSTAR NEWS SERVICE



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'Bunga bunga' trial will go on, Italian court rules

Karima el-Mahroug, 20, the Moroccan woman at the centre of ex-Italian premier Silvio Berlusconi's sex-for-hire trial, arrives in Milan court Monday to testify as a witness. Berlusconi is accused of paying for sex with el-Mahroug — better known as Ruby — when she was 17. THE ASSOCIATED PRESS/STR

This scandal still has legs. Despite other legal woes, Berlusconi's centre-right coalition has been gaining in the polls since he actively began campaigning

A Milan court on Monday rejected a bid by former premier Silvio Berlusconi to halt his sex-for-hire trial for Italy's general election campaign, a ruling that makes a verdict likely before the February vote.

Berlusconi's lawyer accused the court of "interfering heavily" in the Italian political campaign by refusing to suspend the trial so Berlusconi can dedicate himself to campaigning for his centre-right coalition.

"A verdict will most certainly come before the election. It seems to me this is the clear intent of the court," defence lawyer Niccolo Ghedini told reporters. "It doesn't bother us, but it should bother citizens since it is obvious that it will impact the electoral campaign."

Berlusconi denounced the trial as "a comedy, a farce, a defamatory hoax," in an interview with Sky TG24.

Prosecutors accused Ghedini of merely seeking to delay a verdict in the nearly two-year-old trial, which started when Berlusconi was still in office.

The 76-year-old is accused of having paid for sex with a Moroccan woman, Karima el-Mahroug, when she was 17, during racy "bunga bunga" parties with attractive young women at his villa near Milan, and then using his influence to cover it up. THE ASSOCIATED PRESS

George Clooney to testify?

As the trial nears its close, the defence said it wants to call six other witnesses including actor George Clooney.

- Clooney has said he was approached by Berlusconi's team to testify about the "bunga bunga" parties, but says he only visited the premier's residence once to seek aid for Darfur and declined an invitation to stay.

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Not guilty ruling 'vindication' for ex-Nortel brass

Fraud trial. Judge says he's not convinced that executives 'deliberately misrepresented' finances at telecom company

The former top executives at Nortel Networks said they finally got "vindication" Monday after being found not guilty of fraud, nearly a decade after being accused of manipulating financial records at the fallen Canadian technology giant.

Ontario Superior Court Justice Frank Marrocco acquitted ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gollogly because he was "not satisfied" the evidence showed the men had "deliberately misrepresented" the finances at the now-defunct telecom company in 2002 and 2003. "The criminal trial is based on evidence," he told a Toronto courtroom. "The decision I make is based on that evidence and nothing else."

Following the not guilty verdicts, the former executives jumped to their feet to hug family members and their lawyers.

Marrocco's 145-page ruling concludes one of the largest and most complex trials in Canadian corporate history.

Dunn, Beatty and Gollogly each had faced two counts of fraud — one count of defrauding the public and one count of defrauding Nortel Networks Corp.

The Crown had alleged that the men participated in a bookcooking scheme designed to trigger $12.8 million in bonuses and stocks for themselves while they were at the helm of Nortel. They were fired from the beleaguered firm in 2004. All three had pleaded not guilty to the charges.

In a statement, Dunn, the former head of Nortel, said he was "grateful to have received vindication." THE CANADIAN PRESS

Market Minute

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12,603.09 (+0.91)

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Frustrated scientist develops pain reliever for ailing wife. Bobby Orr speaks up to help people in pain.

In 2007, pain medications had failed to help Dr. Joseph Gabriele's wife get out of bed for more than a year. As a respected specialist in molecular pharmacology, Gabriele was forced into his laboratory outside the university in pursuit of developing a pain reliever that would relieve Sue's exhausting struggle for peace and comfort.

The ***natural pain reliever*** he created is now known as LivRelief.

Gabriele understood he must follow his moral compass in order to help others overcome pain; particularly those who had given up hope.

Dr. Gabriele asked himself - *What athlete has impeccable integrity; suffers pain from severe injuries; and is sensitive to helping others?*

Bobby Orr was the ideal candidate. Orr has two artificial knees. Six surgeries and chronic pain cut short his career. With little-to-no downside, Orr skeptically agreed to sample LivRelief.

"After three weeks, I went to my wife Peggy and said "Could this be in my head? She said let me try this on my elbow. A few days after that she came back to me and said do you have any more of that stuff?" Orr gave LivRelief to his sister who has arthritis in her hands, and also to his nephew and his golf pro. Two years have since passed.

"The results have been incredible. I would recommend it to anyone suffering in pain"

Now, ***retail stores*** across Canada and the United States are ***stocking up on LivRelief Pain*** Relief Cream and ***LivRelief Nerve Pain Relief.*** Priced at $30.

Find LivRelief at: Shoppers Drug Mart, Rexall, select pharmacies, Metro, Sobey's, GNC and local health food stores.

Bobby Orr speaks up to help other people discover pain relief. Please speak up too. **PLEASE SHARE** your opinion and experience at **www.livrelief.com**

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WHAT WORKOUT IS RIGHT FOR YOU?

SHE SAYS...
Jessica Napier
metronews.ca

We're two weeks into the new year and I'm sure many of you have resolved that 2013 is the year you're going to get fit. And hey, if you've actually managed to stick with it so far, then good for you!

But with so many exercise-themed daily deals showing up in your email inbox every morning, it can be hard to know where to begin. Consider this a Coles Notes guide to some of the different workout options available to all those determined resolution-makers out there.

1. Spinning. There's nothing quite like cycling away your sins for 45 minutes on a stationary bike in a dark room surrounded by sweaty bodies and loud music thumping in your ears. It's kind of like burning calories in a nightclub except you're pedalling instead of grinding and that water you're chugging doesn't have any vodka in it.

New year, new workout

While there are many different varieties of yoga, they all involve contorting and holding your body in a sequence of postures that will test your endurance and flexibility. Before you hit the mat, recognize that you'll have to be able to take yourself seriously while posing like a tree.

2. CrossFit. Once the preferred exercise regime of military personnel and Olympic athletes, CrossFit is now developing a cult-like following among the civilian masses. The high-intensity fitness program emphasizes heavy weightlifting, gruelling cardio and a secret language designed to confuse outsiders. But if you can wrap your head around WODs and AMRAPs, then join a Box and start working on your Fran time.

3. Yoga. There's nothing new about this ancient practice that combines strength- and stamina-building poses with meditative breathing exercises. While there are many different varieties of yoga, they all involve contorting and holding your body in a sequence of postures that will test your endurance and flexibility. Before you hit the mat, recognize that you'll have to be able to take yourself seriously while posing like a tree.

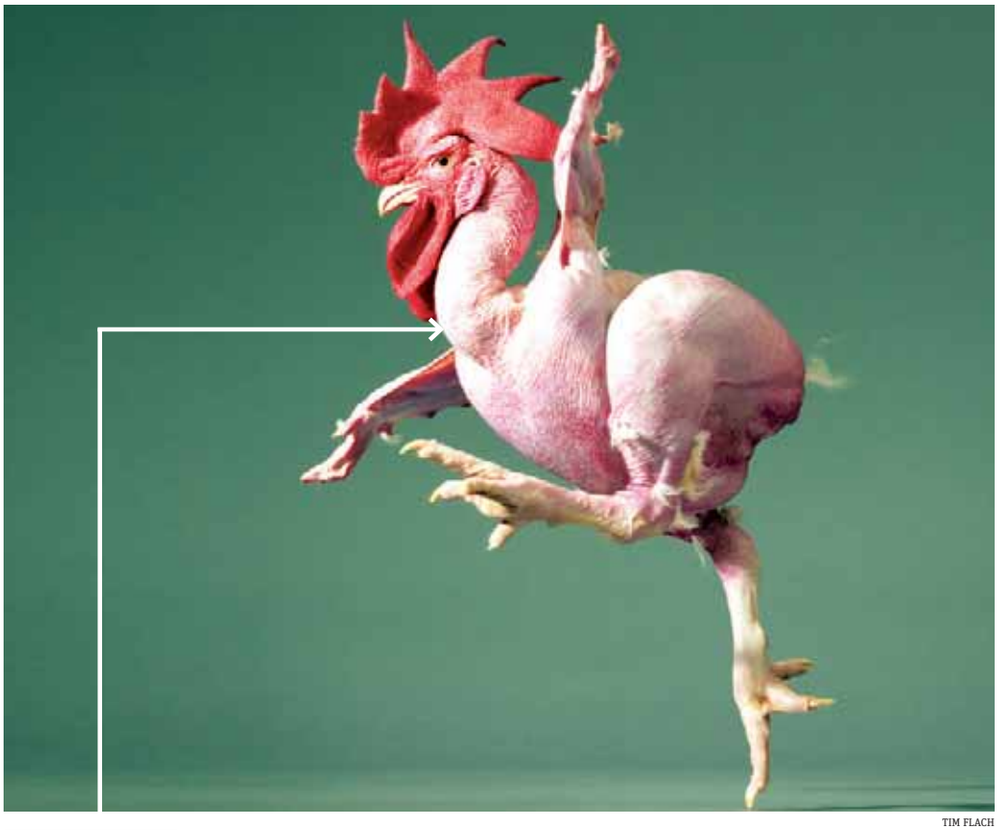
4. Ballet Barre Workout. If you've ever dreamed about a long, lean dancer's physique, then a ballet-inspired fitness class is a good place to start. You might feel a little more Ugly Duckling than Black Swan as you attempt to plié while performing bicep curls with a weighted ball, but stick with it long enough and you'll end up toned and sculpted and maybe even a little more graceful.

5. Running. What's not to love about running? It helps to improve both physical and mental health, it's cheap (once you've invested in a decent pair of shoes), and since it's a solo endeavour you can avoid all of those annoying January Joiners that tend to crowd up other workout classes at this time of year. Pounding the pavement is best experienced when there is actual pavement involved, so forget treadmills that do half the work for you and head outside.

Follow Jessica Napier on Twitter @MetroSheSays

LPGA player In-Kyung Kim, right, poses in a yoga position in San Diego. Before you ditch your new year's resolutions, consider your options.
EVORK DJANSEZIAN/GETTY IMAGES

This will ruffle some feathers



TIM FLACH

Cock-a-doodle-doo

Animals' human side laid bare

You may think this rooster has just been plucked but for considerable economic, and potentially environmental, benefits, it has been specially bred by humans to be featherless. In his new book, More Than Human, British photographer Tim Flach explores the striking relationships and similarities between humans and animals. METRO

Q and A

The skin-ny on this yardbird

TIM FLACH
Photographer

Your book More Than Human looks at intimate portraits of animals. What is the main idea behind it?
Through my photos, I want to spark a debate and raise questions on how we, human beings, shape nature, and conversely how it shapes us. In this regard, I want my photos to go beyond being pretty.

So you invite us to think about how we perceive animals?
Yes, precisely. Let's take the featherless chicken, one of my favourite images from the book. It's bred by Prof. Avigdor Cahaner of Hebrew University of Jerusalem, drawing on a naturally occurring recessive mutation that eliminates feathers. The bird doesn't need to be plucked, which saves money in processing. It provokes a discussion on how we know the animal: In supermarkets, we see them dead, wrapped in cling film. METRO

Metropolitan Panel

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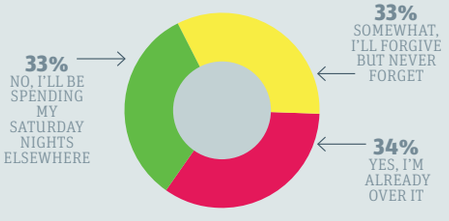
Are you willing to forgive the NHL for the lockout?



Twitter

@anshulworldwide: I watched it, Jodie Foster lost me at Hello.. #GoldenGlobes

@CNtyler: I can't believe Jodie Foster came out as the third member of Tegan & Sara last night.

@1crzycanuck: Bottom line, If AA didn't believe in #Rasmus he would never have gotten him in 1st place. Still has upside & only 26. Not done learning.

@harrisonarcenal: In lieu on Colby Rasmus' +$4 million dollar extension, the Blue Jays also offered him a haircut option through 2015. #Rasmus#Jays

@Kelleyclayton14: I love going home on the subway during rush hour and pretty much getting to second base with strangers. #awkward #crowds#Toronto

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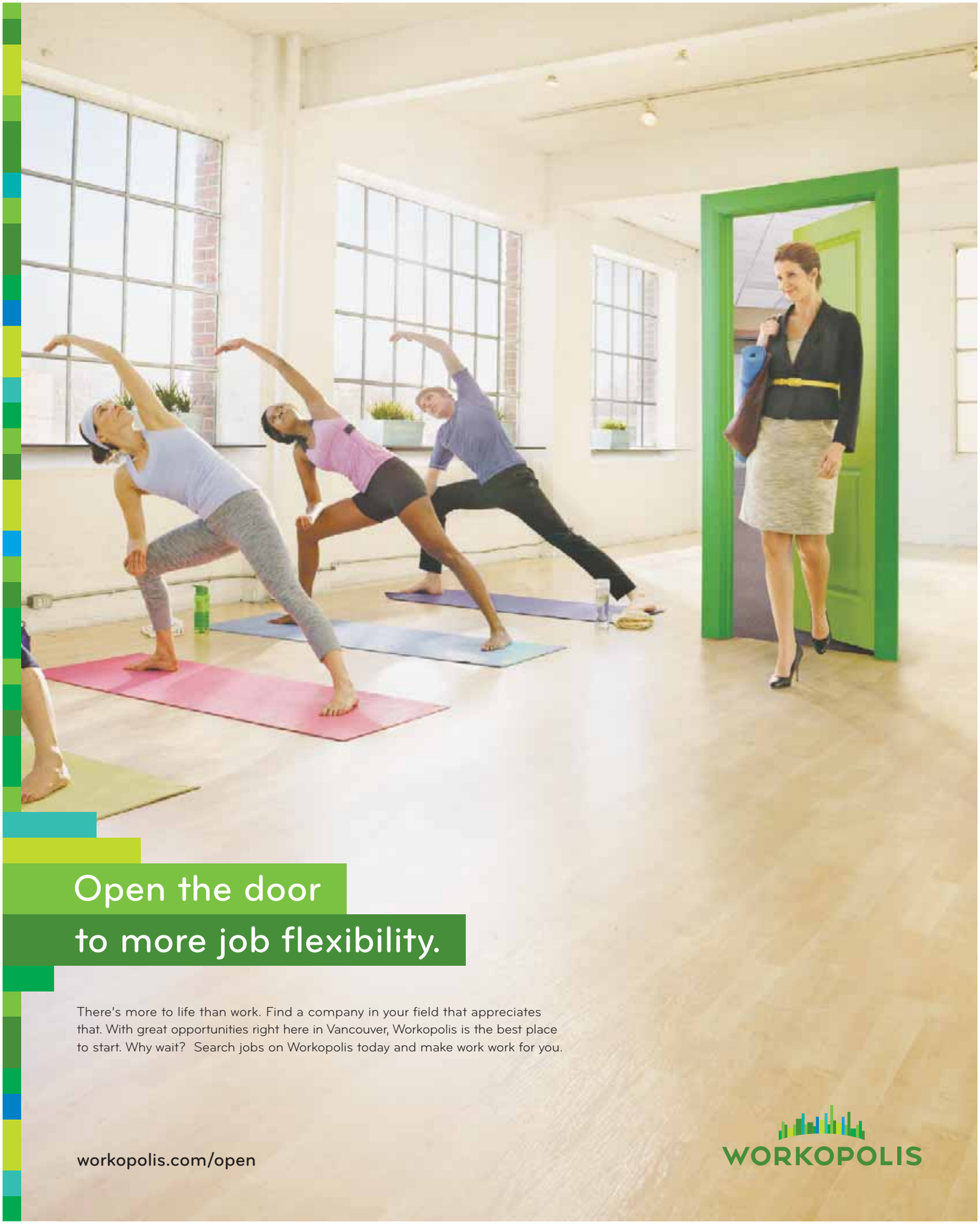
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DVD review

Taken 2

Director. Olivier Megaton

Stars. Liam Neeson, Famke Janssen, Maggie Grace

People will call this a quick-buck sequel to Taken, the surprise hit of 2009, and these people are absolutely correct. Directed by Pierre Morel, Taken took in $225 million in worldwide box office on an investment of $25 million. No surprise then that unsubtle producer/writer Luc Besson decided to hit up the cash register a second time, hiring director Olivier Megaton for the outing.

And the first thing to be kidnapped in Taken 2 is logic. Despite a ludicrous script by Besson and co-writer Robert Mark Kamen, Liam Neeson manages to keep a straight face while reprising his role of avenging ex-CIA dad Bryan Mills. In the first Taken, Mills had to rescue his teenage daughter from Albanian sex traffickers. In Taken 2, it is Mills and his lovely ex-wife, Lenore (Famke Janssen), who are kidnapped. At age 60, Neeson still has formidable action chops and heroic form, and manages to propel the film through a sequel so silly that it seems like a Mad magazine parody of the original.

PETER HOWELL

American Idol judges Mariah Carey and Nicki Minaj both claim they are now getting along. THE ASSOCIATED PRESS

Idol judges won't sing about feud rumours

Putting it in the past. Judges Mariah Carey and Nicki Minaj are vague on differences, but agree they wouldn't aim to be Idols

NED EHRBAR
Metro World News in Hollywood

You might have heard that new American Idol judges Mariah Carey and Nicki Minaj haven't exactly been getting along. That they've been "feuding," even. Well, Carey and Minaj have heard it, too, and they're bored by the reports. "This is a very passionate panel. I think there are a lot of strong personalities," Carey says. "Starting this process, I felt like it was a possibility that there could be differences of opinions. The fighting is what it is. This is American Idol. It's bigger than all that. It's bigger than some stupid, trumped-up thing."

While talk of discord might make for good gossip reporting, it's not good for the show itself, Carey explains. "The whole thing is convoluted," she says. "It's a distraction from the show. It's a distraction to the contestants, and I think it's unfair to them. It should be about the contestants."

But how are the two getting along now? Carey insists that "time heals all wounds" and that the whole disagreement "was sort of one-sided," a contention with which Minaj begs to differ. When asked what they did to put an end to any feuding, Minaj goes for a joking response, saying, "I put out a sex tape." But Carey is much more blunt: "I did nothing, and here we are."

Feud or no feud, the new judges can at least agree on one thing: Neither of them would've tried out for Idol themselves had it been an option. "I personally would never have wanted to do this type of show — no offence to the show at all, but I've said that since I first heard about the show," Carey says.

"I had to learn in front of the world how to just be and be on TV and sing. It's sort of like what these kids do, only at that time it was like the Arsenio Hall Show, and that would be like, 'Here I am!' It was very tough."

For Minaj, her reticence to be a contestant goes beyond just herself. "I definitely don't think a rapper should be in this competition. Rap and hip-hop are completely different from American Idol," she explains.

"With singing, people do not care what you've necessarily gone through. If it's a great song, they're going to love it. I would never go on a show like this as a rapper, and I wouldn't encourage anyone else to come on as a rapper. I don't think it's authentic and I think if you really look for people to believe you and see you as an authentic rapper, you wouldn't do it. It's definitely not a rap competition."

CBS boss struts the network's stuff

CBS Entertainment President Nina Tassler came out swinging with big numbers to bolster her claim that it is "once again America's most-watched network" at the Winter Television Critics Association Tour. At the same time, though, Tassler stressed a need to rejig how viewership is measured given the increase in viewers tuning in online, on mobile devices or on DVRs. "It has been a tipping point this season with viewers watching on other platforms," said Tassler. "Audience measurement hasn't quite caught up with the speed of change in viewer behaviour.

"We have four of the top five comedies, the top seven dramas, 17 of the top 30 shows overall," Tassler touted. As for those non-traditional viewers, freshman series Elementary is particularly instructive, Tassler explained. "It is the most-watched new show of the season, but only 59 per cent of its viewing is live," she said. "Across all platforms, the total audience of Elementary is more than the comparable freshman-year ratings for such hits as NCIS and CSI."

Tassler also addressed the future of two of CBS's biggest comedies, Two and a Half Men and How I Met Your Mother, the latter of which seems to be on the verge of renewal for a ninth season. "I will be happy to report in a very few days, I believe, that things will be resolved," Tassler said. "We are very confident and excited that things will all work out. Almost everything is completed." And another season of Two and a Half Men would surprise no one, though Tassler admitted Ashton Kutcher's contract has not yet been renewed. "We've told Warner Bros. we would like to have an 11th season, and they're equally interested, so stay tuned," she said. As for Angus T. Jones, who infamously urged fans to not watch the show during a video interview late last year, Tassler says a reconciliation with the show and the network is well under way.

Looking ahead, Tassler touted the summer debut of Under the Dome, based on Stephen King's novel and produced by Steven Spielberg's Amblin Entertainment. The series begins filming next month and premieres June 24.

There were some topics Tassler clearly didn't want to discuss, though, offering terse answers to questions about the network's response to the Aurora, Colo., and Newtown, Conn., shootings as well as Jennifer Esposito's acrimonious exit from Blue Bloods, ending several remarks with a terse, "Next question." NED EHRBAR, MWN

Angus T. Jones is making peace with CBS. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Demi Moore ALL PHOTOS GETTY IMAGES

Gimme, gimme Moore: Demi diving into another high-profile relationship

Demi Moore's fledgling romance with 31-year-old restauranteur Harry Morton is reportedly heating up, according to E! News. "They have been trying to keep it a secret," a source says. "It's not a serious thing, but it may develop into something. They have a lot of fun together and have been meeting in secret places in New York and Los Angeles." The pair was recently spotted dining out in Beverly Hills and have reportedly spent several nights together at Moore's home. Morton famously dated Lindsay Lohan in 2006 and has also been linked to Jennifer Aniston.

Jennifer Lawrence

Lawrence lets go of long-term beau

Jennifer Lawrence is now a Golden-Globe-winning actress, but she'll be celebrating solo, as Lawrence and X-Men: First Class co-star Nicholas Hoult have reportedly called it quits, according to Us Weekly. The young stars met on the set of the superhero film and dated for two years. The split comes as a surprise, as Lawrence was singing Hoult's praises recently to Elle magazine. "He is honestly my best friend, and hopefully I'm his best friend, too," she told the magazine. "He's my favourite person to be around and he makes me laugh harder than anybody."

The Word

Jodie Foster's Golden Globes speech decoded

NED EHRBAR
Metro World News in Hollywood

Jodie Foster, who received the Cecil B. Demille Award for her 47-year-long career in Hollywood, offered an acceptance speech that has left audiences and critics baffled, outraged and inspired in equal measure.

The overall message was unclear. Was she officially coming out? Did she announce her retirement from acting and directing? What does she have against Honey Boo Boo? It didn't help matters that the audio cut out at a crucial moment as she discussed "a big coming out speech." So what did the six-and-a-half-minute ramble actually mean? We set out to decode it:

"I guess I have a sudden urge to say something that I've never really been able to air in public. So, a declaration that I'm a little nervous about but maybe not quite as nervous as my publicist right now, huh Jennifer? But I'm just going to put it out there, right? Loud and proud, right? So I'm going to need your support on this. I am single. Yes I am, I am single. No, I'm kidding, but I'm not really kidding."

TRANSLATION: I recognize your hunger for a big confessional moment from me, and for that I am going to mess with you.

"Now I'm told, apparently, that every celebrity is expected to honour the details of their private life with a press conference, a fragrance and a prime-time reality show. You know, you guys might be surprised, but I am not Honey Boo Boo Child. No, I'm sorry, that's just not me. It never was and it never will be."

TRANSLATION: I am going to equate being upfront about your sexuality with the more tasteless and tacky aspects of our reality TV culture, no matter how damaging it may be for young gays and lesbians to see a successful public figure refuse to say the word "lesbian."

"There is no way I could ever stand here without acknowledging one of the deepest loves of my life, my heroic co-parent, my ex-partner in love but righteous soul sister in life, my confessor, ski buddy, consigliere, most beloved BFF of 20 years, Cydney Bernard. Thank you, Cyd. I am so proud of our modern family."

TRANSLATION: I was in a long-term relationship with a woman, and we have two children together. This is not necessarily news, but it's the first time I've acknowledged her in front of television cameras.

"This feels like the end of one era and the beginning of something else. Scary and exciting and now what? Well, I may never be up on this stage again, on any stage for that matter."

TRANSLATION: It's difficult not to feel you're in some moment of transition when an organization gives you a lifetime achievement award, even if you're only 50 years old.

Harry Styles

Taylor Swift

Brace yourself for another breakup tune

Consider this fair warning, Harry Styles. In the wake of her split from the One Direction member, Taylor Swift posted this ominous message to her Twitter account: "Back in the studio. Uh oh..." Swift has made a career of penning autobiographical tunes of heartbreak, often embarrassing ex-boyfriends like John Mayer and Jake Gyllenhaal. And a Styles number may be a doozy, as Swift was reportedly left heartbroken by the Brit, who dumped her during a Caribbean vacation because he said she's "asexual and wouldn't put out," a source tells Radar Online.

Twitter

@TheRealRoseanne
Ben Affleck is a moronic large sweaty headed blowhard.

@EmmaBunton
Wow its snowing where I am, coming down thick and fast!!

@MatthewPerry
This turning down the role of Lincoln is just going to keep kicking my ass isn't it?!?

@OfficialAdele
I just met Daniel f---ing Day Lewis!!!

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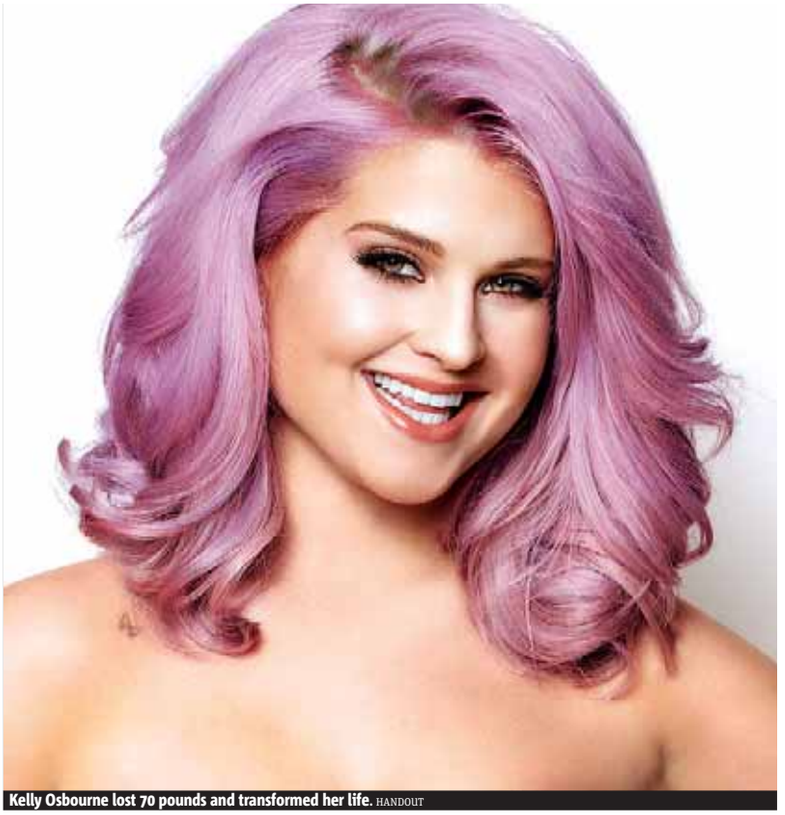
Kelly Osbourne on losing weight, gaining confidence

Interview. The young starlet speaks to Metro about how she got motivated and transformed her life

ROMINA McGUINNESS
life@metronews.ca



Kelly Osbourne lost 70 pounds and transformed her life. HANDOUT

After appearing on Dancing with the Stars in 2009, you lost 70 pounds, going from a size 14 to a size 2. Which body part were you most excited to rediscover?
For me, because of my family's history with cancer, my mum is always like, have you checked your boobs? One day, I was doing a breast self-examination and found this lump. So I went to the doctor and he said, "Kelly, that's your rib!" I was like, "Oh my God, I have a rib!"

Which part did you go from hating to loving?
My legs. I didn't realize how much muscle I had underneath the fat, and (I have) some pretty toned legs. Now, athletes always come up to me and say, "You've got great legs." Men like big calf muscles on themselves, so when they see it on a girl they like it.

All girls have fat days. How do you cope with yours?
I look at old pictures of myself. I know this sounds really narcissistic, but I don't mean it that way — it helps me see how far I've come and where I don't want to go again. It gives me that kick in the butt to get in the gym or call up a friend and say, "I'm having a fat day."

How do you feel when you see old photos of yourself?
It's a mixture of a million emotions. It makes me feel really sad that I let myself get like that. It was my own doing.

I made myself that way because I was scared.

Scared of what?
Of myself and what I was capable of. Being famous for really not doing anything and having the entire world judging you.

But now I'm 28 years old and I see it as a learning curve.

Can you imagine some people saying: The new Kelly is boring. There's a lot of stylish, good-looking women out there, so why do we need one more without edge?
I say, "f— you" because if you want to watch a train wreck, there are other Hollywood starlets doing that for you. I want to be a dignified grown-up. I'll always be me. I'm just not an asshole anymore.

Growth spurt

"I got taught proper posture through dancing, yoga and Pilates and I actually grew an inch. I'm now five foot two.
Kelly Osbourne

Bonus round

On her brother Jack

How did you react when you found out your 26-year-old brother, Jack, had multiple sclerosis?
Are you crazy? He's my baby brother, how do you think I reacted? It's like it's not there. He doesn't want to be treated like a sick person, because he's not sick. It's not a death sentence. He's got a very military state of mind so he looks after himself, eats very healthy and works out every day.

Did it affect the way you value life?
I've dealt with my mom almost dying of cancer, my dad almost dying in a bike accident and now my brother has MS. There's nothing they can tell me I can't deal with. It's not like you have a choice, it's life.

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What to do when counting sheep no longer works

Insomnia. Sink into Sleep author talks about how to stay asleep and improve your sleep hygiene education

CELIA MILNE
life@metronews.ca

Having trouble staying asleep? You're not alone.
ISTOCK PHOTOS

Will you sleep well tonight?

If you answered "probably not," you aren't alone. Research tells us that three out of every four Canadian adults have sleep problems at some point in their lives.

While most of us reach for sleeping pills, few of us know how to solve sleep problems in the long term. A new Canadian book guides readers in a different way of thinking and acting, called cognitive behavioural therapy for insomnia (CBT-I).

"Decades of research have shown that CBT-I works very well for insomnia," says author Dr. Judith Davidson, a psychologist and scientist-clinician in the area of sleep and an assistant professor at Queen's University in Kingston, Ont. "But access to CBT-I is extremely limited, almost non-existent, in Canada at this time. That is why I wrote Sink into Sleep. It is the same program that we use in the insomnia clinic."

CBT-I goes much further than most "sleep hygiene" tips.

"The person with insomnia knows all (about) avoiding caffeine, making the bed comfortable, keeping the bedroom dark, having the bedroom the right temperature, getting exercise and doing relaxation," says Davidson.

"It is the CBT-I techniques that they need, not more sleep hygiene education."

CBT-I

Get to know the main principles of CBT-I

- **Stay up late.** Put some pressure on your biological sleep drive by postponing bedtime
- **Get up at the same time.** Do it each morning – seven days a week! This helps stabilize your circadian (24-hour) sleep-wake rhythm.

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"The doctor of the future will give no medicine but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease" — Thomas Edison

A revolution is sweeping health care. Science and medicine now have in their possession the technology and understanding necessary to appreciate the value of naturopathic therapies. Edison's words above are truly prophetic and at the forefront of this revolution is The Wellness Institute. The Wellness Institute is a multi-disciplinary clinic offering a full range of naturopathic and complementary medical services.

We offer a customized approach to health where we focus on the individual and not the disease process. This new year, feel the best you can by treating yourself to one of the Wellness Institute's many therapies:

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APOTEX
ADVANCING GENERICS

Fingerling potatoes with salmon raise profile of apps

ROSE REISMAN
for more, visit
rosereismen.com

Fingerling potatoes are the newest trend for appetizers and side dishes at parties and restaurants.

They're a great twist on the standard potato. Most large supermarkets and fruit and vegetable shops carry fingerlings.

If you can't find them, use small white potatoes for these Fingerling Potatoes with Herbed Cheese and Smoked Salmon.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Slice the fingerling potatoes in half lengthwise and place skin side down on the baking sheet. Spray them with cooking oil. Bake the potatoes approximately 30 minutes or just until they are tender. Place on a serving dish.

3. Using a small food processor or a whisk, mix both the cheeses with the garlic and pepper until smooth. Stir in the dill.

4. Place a dollop of the mixture on top of each potato and sprinkle with the diced salmon. Serve while still hot.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.

Ingredients

Prep time: 10 minutes
Cook time: 30 minutes

- 8 fingerling potatoes
- 2 tbsp light cream cheese
- 3 tbsp goat cheese
- 1/2 tsp crushed garlic
- pinch freshly ground black pepper
- 1 tbsp chopped fresh dill
- 2 oz smoked salmon, diced

This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Casserole reprise

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Call it a casserole and it's relegated to the '50s, but call it a "strata" or a "bake" or a "pie" and suddenly it's new again.

The traditional formula is simple: ingredients in a glass dish heated in the oven. The outcome is especially good for sharing at parties or for making on the weekend and enjoying all week.

What could use a little healthy push is the choice of items that go into the dish. Your mom used cans of soup, high carb pasta and maybe some Corn Flakes on top, but we can do better. Here are some substitutions to any casserole recipe.

- Canned lentils or cooked chicken instead of ground beef
- Cook and rinse all meat before adding instead of using ground lamb with fat
- Low fat evaporated milk instead of heavy cream sauce
- Spaghetti squash/quinoa/brown rice instead of pasta
- White sauce made with milk instead of grated cheese
- Baby food pureed vegetables instead of canned soup
- Whole wheat bread crumbs instead of Corn Flake topping
- Crushed whole wheat crackers instead of crispy onions
- Phyllo layers instead of pastry or puff pastry

Every casserole has the same formula: Body of protein, heart of creamy and moist and topping of crisp. Mix and match as you please and serve with a great big salad.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Two-Potato Pancake. Where tender meets crispy

Ingredients

- 2 lbs baking potatoes (such as russet), peeled
- 1 medium sweet potato (about 1/2 lb), peeled
- 1 small yellow onion
- 2 large eggs
- 2 tbsp all-purpose flour
- Kosher or sea salt
- Peanut oil, for frying
- Sour cream, to serve
- Applesauce, to serve

1. Fill bowl with ice water. Using medium holes on box grater, grate all potatoes, add to ice water and set aside. Use fine holes on grater to grate onion.

2. Drain potatoes well, squeezing out as much water as possible. In bowl, combine potatoes with onion. Squeeze again to remove as much moisture as possible. To do this, grab mix, a handful at a time, squeeze over the sink and transfer to a dry bowl. When all of mix has been squeezed, add eggs, flour and a bit of salt (start with 1/2 teaspoon.) Mix well and set aside.

3. In a large, deep sauté pan over medium-high, heat about 1/4 inch peanut oil to 360 F. To test oil, drop pinch of flour into oil. If ready, flour should sizzle and brown almost immediately. While oil heats, set wire rack over rimmed baking sheet. Heat oven to 350 F.

4. Working in batches and using 3 tablespoons of potato mix per pancake, drop batter into oil. Do not crowd pan. Flatten each with spatula and fry for 4 mins. per side, or until golden and crisp. As you fry, you may need to add oil to pan. Return to temperature between batches and additions of oil.

5. As pancakes finish, transfer to wire rack. Once all pancakes are fried, place them (rack and baking sheet) in oven and heat 5 mins., or until warmed through. To serve, sprinkle lightly with salt and accompany with sour cream and applesauce.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT AND AUTHOR OF SOAKED, SLATHERED AND SEASONED.

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The shy type, the sugar baby or the romantic?

What does 2013 hold for you? ISTOCK

See what your star sign says about you. Online dating site Match.com conducts survey to reveal what 2013 may hold for you depending on your astrological identity

Online dating website Match.com recently conducted a survey to see what 2013 may hold for your love life based on your astrological sign.

It estimates more than one third (36 per cent) of single Canadians will make a New Year's Resolution to go on more dates this year. So what does your sign reveal about the year ahead? Here is the site's findings.

Capricorn: The office romantic
Capricorns are most likely to date someone from their workplace. Sixteen per cent of Capricorn singles have dated someone from the office in the last five years, the highest of any sign.

Aquarius: The sugar baby
Age is just a number for Aquarius, who are the most likely to date someone more than 10 years their senior. A whopping 56 per cent would date someone who is more than a decade older than them.

Pisces: The romantic
Pisces are the most romantic of all signs. An outstanding 66 per cent of Pisces believe in love at first sight.

Aries: The initiator
When it comes to who should pay for a first date, Aries singles are in agreement. Fifty-three per cent believe the person who initiated the date should pay, more than any other sign.

Taurus: The shy type
Taurus singles are the shiest of the signs, with only eight per cent having asked someone out on a date in the last year.

Gemini: The long distance lover
When it comes to romance, Gemini singles are prepared to go the distance. An overwhelming 54 per cent have had a long distance relationship, more than any other sign.

Cancer: The multitasker
If you're dating a Cancer, be prepared to have "the talk" sooner rather than later. While not necessarily ones to cheat, at least one in 10 Cancer singles (11 per cent) date two to three people at the same time. Talk about a scheduling challenge!

Leo: The Facebook updater
It's not official until it's on Facebook! At least according to Leo singles, who are most likely to update their relationship status on the social networking site. Nearly one quarter (21 per cent) report or update their relationship status regularly.

Virgo: The online dater
When it comes to embracing technologies to improve their love life, Virgo singles are most likely to bite the bullet. Nearly half (47 per cent) have used an online dating site.

Libra: The good time
If you're dating a Libra, prepare to imbibe. Libra singles are most likely to drink alcohol on a first date – 74 per cent will have a boozy beverage on a first night out.

Scorpio: The canine cuddler
Are you a dog lover? Then date a Scorpio! Singles with this sign are most likely to be friends to canines. Sixty-three per cent are fans of these furry fellows.

Sagittarius: The sharer
If you're dating a Sagittarius, the odds are your ears should be burning about now. More than a third (36 per cent) of Sagittarians will discuss their dating life with friends and family, bring others out as wingmen or discuss their dating life goals with a group.

METRO/MATCH.COM

Avoid boasting

Self praise is no praise

CHARLES THE BUTLER
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For more, visit charlesmacpherson.com

Earlier this month I was having lunch at a little café in Toronto when a group of four men and two women sat down beside us. Everyone at that table was in a good mood, and as a young group in their late 20s, were enjoying an extended lunch break from work.

What surprised me was how the four men were trying to impress the two ladies, with each gentleman trying to outdo the other with stories of his family Christmas and the extravagant gifts he received.

None of the men in the group seemed to be paying any attention to the women, who couldn't have cared less about the boasting.

The ladies were rolling their eyes amongst themselves. So as the holiday season comes to an end and we start a fresh, clean new year, remember to think and be aware of others around you when you speak. Sadly, these four men were not impressing the ladies. In fact, they did the opposite.

Expect lots of eye rolling if you openly boast. ISTOCK

So when speaking at an office luncheon, talk about relevant and fun things. Just don't draw needless attention to yourself.

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12 money vows for 2013

Alison on Money.
Having trouble keeping financial resolutions? Join the club

YOUR MONEY
Alison Griffiths
money@metronews.ca

It's all about the psychology. Twelve months is a long time to keep a money vow. However, if you're only aiming for a month, chances of success are higher, which increases the likelihood that you'll turn some of your mini-resolutions into habits.

Try these on for size in 2013.

January: Find 30 minutes
Devote half an hour a week to your financial affairs. Eliminate distractions and focus.

February: Read a statement
Spend this month getting familiar with your RRSP. Ask questions of your advisor if you don't understand the financial products you hold.

March: Keep a log
Trust me, you have no idea what you really spend. List every last penny in a journal.

April: Set aside
When your tax refund arrives, save some of it in a six-month GIC for the holiday season.

May: Cut it out
Pick a spending habit and toss it for 30 days. If it is food related, say a daily double double and donut, you'll drop a bit of weight too in time for beach weather.

June: Cut it down
With the better weather arriving, consider reducing your cable package.

July: Try shank's mare
Walk everywhere you can. This is harder in the burbs, but rethink your driving habits to save gas and whittle the waist.

August: Donate
During the dog days of summer, pick a charity and set up a monthly donation, much easier than a last minute lump sum.

September: Get educated
Go to Investor Education Fund, (getsmarteraboutmoney.ca), Credit Canada (creditcanada.com) or Financial Consumer Agency of Canada, (fcac-acfc.gc.ca) for great tools and unbiased information.

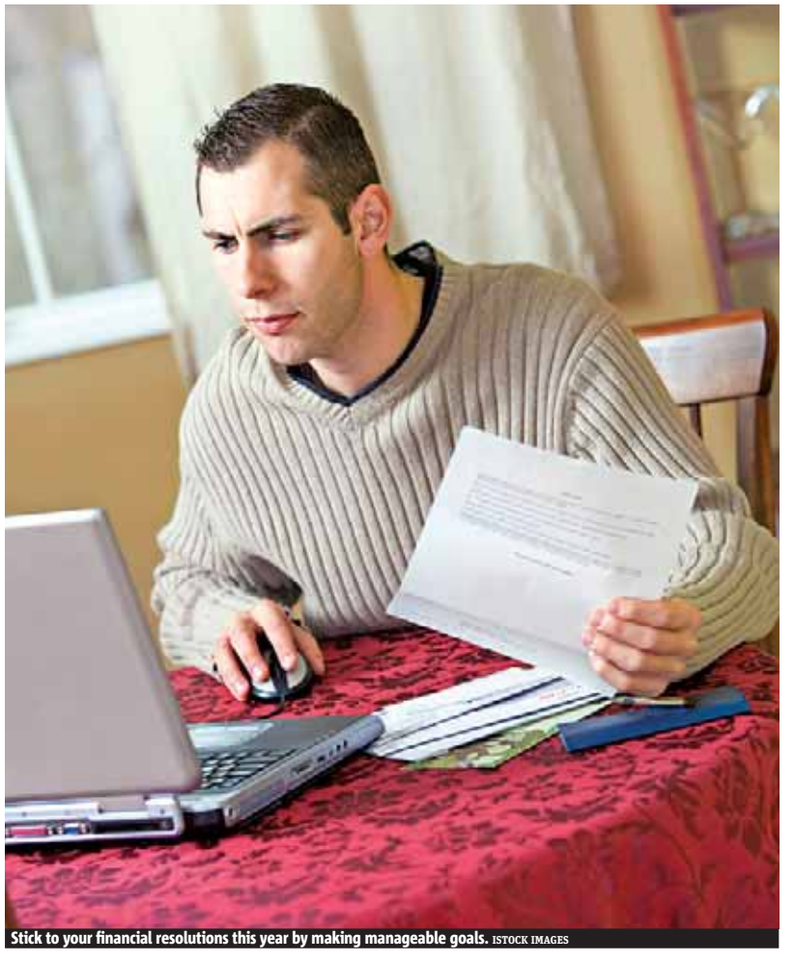
October: Check it out
Get your credit report and score from equifax.ca or transunion.ca.

November: Stay home
Axe the restaurant, prepared foods and take out habit.

December: You're almost there
Make a list of all you've accomplished financially this year and feel good about yourself.

Customize your own 2013 resolution list and you're sure to stay financially engaged all year round. Happy New Year's to all my readers!

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Stick to your financial resolutions this year by making manageable goals. ISTOCK IMAGES

Don't let debt blow you away! ISTOCK IMAGES

To consolidate debt or grin and bear it?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Besides goals of better eating and weight loss, debt is top of mind for most North Americans this January. Make debt repayment a 2013 goal!

How much do you owe? To whom? What interest rate? Can you afford the payments?

The choice is yours — should you tough debt repayment out the old-fashioned way (regular payments to multiple lenders) or apply for a consolidation loan (one consolidated payment to one lender).

The benefits of a consolidation loan are that the interest rates are typically lower than the combined interest rates of multiple debts, which often consist of high interest credit cards. As such, the monthly payments can be lower.

However, many experts rail against consolidation loans because they don't teach a valuable lesson: Taking full responsibility for debt accumulation.

The act of having to pay off expensive debts the old-fashioned way often imposes enough financial hardship on a person that they change their spending habits.

Canadian statistics show that the majority of individuals with consolidation loans never learn their lesson and are first in line for another one when the previous is finished.

You're a good candidate for a consolidation loan if you are paying too much in interest or if you can't keep up with regular payments.

The first caveat however, is that you must be financially disciplined and commit to making payments on time, in full and not accumulating additional debts. The second is that these loans are difficult to qualify for as most people that are "maxed out" are considered high risk.

Many Canadians turn to lines of credit as pseudo-consolidation loans. Scary!

Though interest rates are attractive, lines of credit are revolving, thus the available borrowing room never decreases. Rarely do Canadians pay off their lines of credit. Rather, they continue to overspend using their line of credit, often decreasing home equity. If you use a line of credit to consolidate, reduce the borrowing limit as you pay it down.

If the temptation to spend is too great or you can't qualify for a lower interest loan, repay your debt the old-fashioned way.

On a spreadsheet, list who you owe money to, the interest rate and balance. Call each lender and negotiate a better rate. Each month, pay a little extra on the highest interest debt until it's paid off. Then pay extra on the next highest interest debt. Remember, you'll have extra money from your previous debt's regular payment.

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A lesson in laughter

School of standup.

Homework, parents and the awkwardness of adolescence rule the Kids 'N Comedy stage

Baby-faced 16-year-old Eric Kurn climbed onto the comedy club stage, gave the packed room a look of wide-eyed cluelessness and launched into his deadpan bit: "I think it's time I had a girlfriend. ... There's just one little problem. None of the girls I know think it's time I had a girlfriend.

"Even some of the girls I don't know yet agree with that," the redhead went on, like a teenage Rodney Dangerfield, to cascades of laughter.

With the afternoon crowd of 300 won over, Kurn coasted through his act, touching on the art of adolescent lying and lamenting that parents can use technology to check homework and grades online.

That's the way it goes with Kids 'N Comedy, a nearly 17-year-old program that gives some budding class clowns, ages nine to 18, a chance to learn the nuances of comedy without facing a trip to the principal's office. Nine-week classes and two-week summer camps give children some basic training in comedy club work before a final exam of sorts — a performance before a paying audience of strangers.

The classes originated with Jo Ann Grossman, a Manhattan woman with no training in comedy, and her husband, Stu, who teaches some of the classes.

In staging the comedy acts, starting out in 1996, they quickly realized they had to impose limits on kids and their unfiltered funny thoughts.

"We wanted it to be clean," Grossman said.

That ground rule wasn't the hard part for 14-year-old Zach Rosenfeld, who recalled his first class when he was nine and the sheer terror of trying, and perhaps failing, to be funny.

"I was very nervous," he said. "But after sitting through a couple of those classes, I started to open up more and more. ... The class teaches you to calm down and not be so scared."

Class participants were told to write down funny things in their lives and refine some of those thoughts into an act.

Rosenfeld says he sat nervously before he went on stage that first time, tapping his foot and trying to remember his lines, only to get before the crowd and forget most of them.

"I could get away with it because I was cute. I was 9," he said. "I was blacking out with part of the routine. I just started talking to the audience, 'I like this table.' They were laughing."

When he walked off stage, he said he knew he would perform again. And he has.

"When you hear laughter on the stage, it's one of the greatest things on the face of the Earth," Rosenfeld said. "You're shining in the stage's light and people like you."

THE ASSOCIATED PRESS

Teenage comedian Eric Kurn performs his standup act during the Kids 'N Comedy show at Gotham Comedy Club in New York.

LARRY NEUMEISTER / THE ASSOCIATED PRESS

Turning frowns upside down

As many comics do, 17-year-old Leo Frampton chose to highlight personal struggles in his routine, using the stage as a form of therapy.

- "Don't judge me. I have a disease, a disease of the mind: ADHD," he said reminding spectators that trouble focusing is common for teens.
- "People used to say, 'I love textbooks.' Now they say: 'I love exciting and interesting experiences.' ADHD is the new rock 'n' roll."

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Memory loss is a frightening concept. It's estimated that, in 20 years, the number of Canadians living with dementia will double to 1.4 million. There are many forms of dementia, including Alzheimer's disease and vascular dementia (caused by strokes). While there are treatments that can slow the progression of memory loss caused by these diseases, no cures currently exist. According to a recent poll by Alzheimer's Disease International, 40% of people with dementia reported that they felt others avoided them after their diagnosis. Stereotypes and misinformation prevent them from getting the help that they need. These misunderstandings also lead to myths that will have a negative psychological impact on people with dementia, as well as on their caregivers and family members.

Join us at an informal discussion with Canadian experts to find out how people with dementia move on with their lives after diagnosis, as well as other realities that can help break the stigma associated with these diseases.

Experts

Julie Foley
Caregiver
Health Care Consultant

Pia Kontos, PhD
Research Scientist
Toronto Rehabilitation Institute
University Health Network
Assistant Professor, Dalla Lana School of Public Health
University of Toronto

Christopher Patterson, MD, FRCPC
Physician, Geriatric Services, Hamilton Health Sciences
Professor, Division of Geriatric Medicine
Department of Medicine
McMaster University

Moderator
Yves Joanette, PhD
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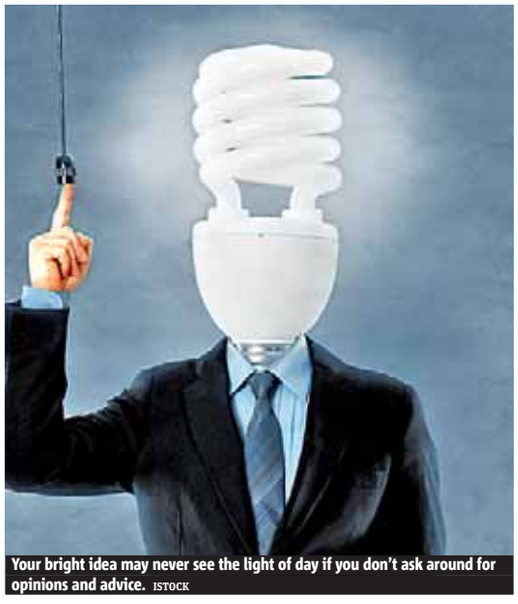
- Is the market big enough to support my business?
- Who is my competition and are they currently serving that same market?
- Can I adapt my products and services to address the market's needs and still be profitable?

Nestling into a niche that works for you

Success in the specific. Wherever people are pining for an absent product or service is where you want to be



Your bright idea may never see the light of day if you don't ask around for opinions and advice. ISTOCK

Part of being an entrepreneur is having the ability to innovate and to adapt to changes in the marketplace, particularly when it comes to understanding the demographics of your target market. You bring ideas to life by offering new products and services or by delivering them in new ways.

As with any major undertaking, you'll want to do your research first to determine which group of people you want to reach and how you will accomplish that.

The best way to learn more about a market segment is by talking to the people who belong to it to find out firsthand what they want.

Let's say you work in the health-care field and have learned that a growing number of people are looking for mobile services or personalized care inside the home. You might decide to expand your offerings or start a new business aimed at meeting a particular set of needs for this niche.

If you keep an eye on emerging social trends or changes in demographics, like an aging population, you can get in on the ground floor or adapt accordingly.

Once you've determined your target market, you can focus on adjusting or developing your marketing plan. You've heard what the market has to say, now it's your turn to reach out to them.

Think about the language you use and the way you present yourself to them. Do test-marketing and seek feedback.

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Bringing a little less mean to your TV screen

A lighter lineup.
New shows like CBS's The Job prove that reality doesn't always have to bite

Mark Burnett says reality TV shows don't have to be mean to work. The veteran producer of Survivor and The Voice is working on a new CBS show, The Job, which premieres on Feb. 8.

It depicts candidates applying for jobs at several companies, and takes viewers through the whole nerve-racking experience.

"I think I've proven in the last few years a kinder approach on television does work," said the British-born producer, who was brought on to help at The Job by series creator Michael Davies.

Edutainment

- Beyond the entertainment value, Davies said viewers will get practical advice on how to apply and interview for jobs.

Kill 'em with kindness

"I think I've proven in the last few years a kinder approach on television does work."
Mark Burnett
Television producer

Burnett said Saturday that The Voice avoids "ripping people for entertainment value" and has "crushed" competitor The X Factor as a result.

The Job also has no intent to humiliate people, producers said. The first two episodes feature candidates applying for jobs at the Palm restaurant chain and at Cosmopolitan magazine. Future featured companies include Major League Soccer, Epic Records and Live Nation.

Five people are competing for jobs in each show. The twist is that after a decision is made, employers in the same industry sometimes swoop in and claim rejected candidates.

Burnett said it's fun to see the reaction of employers when that happens.

"Everybody wants what somebody else wants," he said. "When you want to buy a car or a house or go somewhere, you think, 'Should I do it?' and then someone will say, 'Oh, someone else is going to buy that.' You suddenly want it even more. It's great to see the playing field levelled."

THE ASSOCIATED PRESS

Mark Burnett's work as a television producer has garnered him four Emmy Awards and four People's Choice Awards.
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Maple Leafs hopeful Morgan Rielly skates down the ice during the first day of training camp in Toronto on Sunday. MICHELLE SIU/THE CANADIAN PRESS

Rielly realistic about chances with Leafs

NHL. Fifth-overall pick knows it'll be tough to nab roster spot, but coach Carlyle impressed with big-league skill set

Toronto Maple Leafs head coach Randy Carlyle is comfortable with the idea of giving a top prospect a shot with the big club.

When he was head coach in Anaheim in 2010, Cam Fowler was given a chance to play and quickly cemented a spot on the Ducks' blue-line. Morgan Rielly is hoping to take a similar path to the NHL with the Maple Leafs.

The six-foot-one, 200-pound defenceman has looked solid over the first two days of training camp.

"The one thing is he's been a quick study, he's been a kid who's been able to absorb a lot in a short period of time," Carlyle said Monday. "He's played in some pressure situations and we're looking at playing him to his strengths."

The last few weeks have been a whirlwind for the 18-year-old Vancouver native.

He averaged nearly a point a game with the WHL's Moose Jaw Warriors before joining the Canadian team that finished fourth at the world junior hockey championship in Ufa, Russia.

Rielly returned to North America and took part in some informal skates at the Leafs' practice rink before the collective bargaining agreement was ratified. The fifth overall pick in last year's draft is definitely in game shape.

Quoted

"He's got NHL passing skills."

Leafs coach Randy Carlyle on young defenceman Morgan Rielly

Whether he's ready for the rigours of games at the NHL level is the big question. Carlyle said the short training camp and lack of pre-season games make things a little more challenging.

"We only have a very short period of time, so that magnifies the assessment. He's a very skilled young man," Carlyle said.

Fowler, who was also drafted in the first round, was 18 when he cracked the Anaheim roster.

Rielly is considered a strong puck-moving defenceman who is comfortable playing a lot of minutes. The odds of cracking the roster aren't great, but he's hoping to make a good impression.

"I know (Carlyle) kept Cam, but it's obviously a pretty hard league to play in when you're 18 years old," Rielly said. "You're playing against some older guys and stuff like that. I'm pretty confident with how I've been playing. But obviously I've got to keep working hard."

THE CANADIAN PRESS

NFL

Chiefs' Belcher legally drunk at time of murder-suicide: Report

Kansas City Chiefs linebacker Jovan Belcher had a blood-alcohol level more than twice the legal limit when he shot his girlfriend nine times and then killed himself, an autopsy released Monday showed.

The Jackson County Medical Examiner report on Belcher, 25, raised new questions about whether police should have done more before the Dec. 1 murder-suicide. Officers found Belcher sleeping in his car about five hours earlier, but let him go.

At the time of the autopsy, Belcher's BAC was 0.17, more than twice the limit of 0.08 per cent for Missouri drivers, and it was likely higher when he shot girlfriend Kasandra Perkins, 22, at the couple's Kansas City home. THE ASSOCIATED PRESS

MLB

Centre-fielder Rasmus signs 1-year deal with Blue Jays

The Toronto Blue Jays have avoided salary arbitration with centre-fielder Colby Rasmus, signing the 26-year-old to a one-year contract worth $4.675 million.

Colby Rasmus GETTY IMAGES FILE

Rasmus hit 23 home runs in 2012 — tying his career high — but also posted a career-worst .223 batting average and .289 on-base percentage.

TORSTAR NEWS SERVICE

Kessel says No. 1 unit 'need to be better'

Leafs sniper Phil Kessel brings up the rear near the end of practice on Sunday in Toronto. RICHARD LAUTENS/TORSTAR NEWS SERVICE

There they were again: Tyler Bozak between Phil Kessel and Joffrey Lupul.

The Maple Leafs' No. 1 line, for better or worse, was reunited.

"You have a scratch pad and when you go home at night, you think about other combinations, but we always seem to go back to Bozak, Kessel and Lupul," said head coach Randy Carlyle.

It is clear that the key to any success the Leafs will have early in the abbreviated 2013 season will come from the familiarity the players on the top line have with one another.

"We played well together last year, but we need to be better this year," said Kessel. "It obviously wasn't good enough last year."

Kessel, the goal-scorer. Bozak, the playmaker. Lupul, in the hard areas.

The three understand the pressure they will feel to start quickly and carry the load offensively.

"We've just got to get out of the gate strong, that's the most important thing in a short season," said Bozak. "If you get off to a bad start, it will be really tough to catch up."

TORSTAR NEWS SERVICE

Bozak bandied about?

Bozak, this year, is dealing with talk that he's on the trading block.

- GM Dave Nonis will have to ask himself whether he'd want to mess with the chemistry Bozak has with Lupul and Kessel.
- "Throughout my time here, there's been the odd rumour here or there," Bozak said. "But this has been the most extent that I've been part of."

Armstrong opens up to Oprah about PED use: Source

Cycling. Disgraced former champion tells Livestrong staff he's sorry for putting foundation at risk

Lance Armstrong confessed to Oprah Winfrey during an interview Monday that he used performance-enhancing drugs to win the Tour de France, a person familiar with the situation told The Associated Press.

The person spoke on condition of anonymity because the interview is to be broadcast Thursday on Winfrey's network.

Armstrong was stripped of all seven Tour titles last year following a voluminous U.S. Anti-Doping Agency report that portrayed him as a ruthless competitor, willing to go to any lengths to win the prestigious race.

Lance Armstrong.
THE ASSOCIATED PRESS FILE

USADA chief executive Travis Tygart labelled the doping regimen allegedly carried out by the U.S. Postal Service team that Armstrong once led, "The most sophisticated, professionalized and successful doping program that sport has ever seen."

After a federal investigation of the cyclist was dropped without charges being brought last year, USADA stepped in with an investigation of its own. The agency deposed 11 former teammates and accused Armstrong of masterminding a complex and brazen drug program that included steroids, blood boosters and a range of other performance-enhancers.

A group of about 10 close friends and advisers to Armstrong left a downtown Austin, Texas, hotel about three hours after they arrived Monday afternoon for the taping.

Soon afterward, Winfrey tweeted: "Just wrapped with @lancearmstrong More than 2 1/2 hours. He came READY!"

Armstrong stopped at the Livestrong Foundation, which he founded, on his way to the interview and said, "I'm sorry" to staff members, some of whom broke down in tears. A person with knowledge of that session said Armstrong choked up during the visit.

THE ASSOCIATED PRESS

Raonic opens Aussie quest

Milos Raonic plays a backhand in his first round match against Jan Hajek of the Czech Republic at the Australian Open on Tuesday in Melbourne, Australia. The Thornhill, Ont. native enters the season's first Grand Slam event looking to build on his success in 2012, which he finished ranked No. 13 in the world. SCOTT BARBOUR/GETTY IMAGES

MLS

TFC adds veteran keeper Cesar

Toronto FC has added experience and helped stiffen its defence in the form of Brazilian veteran Julio Cesar, once on Real Madrid's books.

The MLS club had yet to announce the pickup as of late Monday afternoon, but a source confirmed the signing of the holding midfielder/defender.

The 34-year-old Cesar played 27 games for Sporting Kansas City in each of the last two seasons before being waived in November. Cesar made a hefty $255,750 US in 2012.

Kansas City had the league's stingiest defence last season, yielding just 27 goals. Toronto was worst in MLS with 62 goals conceded.

Cesar's football pedigree fits in with Toronto President and GM Kevin Payne's desire to stiffen his team's spine.

"We're looking for men, we're looking for real character on this team," he said.

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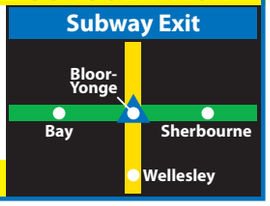

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Horoscopes

♈ Aries
March 21 - April 20
Only you know how much effort you have put into a task of some kind, so don't let anyone tell you that you should have done more. In a matter of days, your confidence will receive a much-needed boost. You're doing OK.

♉ Taurus
April 21 - May 21
If you are serious about a long-term goal then you need to get working on it right now. Even relationships must take a back seat while you make your mark. A job done well will bring you satisfaction.

♊ Gemini
May 22 - June 21
Your confidence will bloom today and everyone will be impressed by your dynamic manner. In fact, the higher you aim over the next few days, the more likely it is you will succeed. Don't hold back.

♋ Cancer
June 22 - July 23
Cosmic activity in your opposite sign of Capricorn indicates that major changes are possible, but you must be the one who makes the first move. Yes, mistakes have been made but things are not as bad as they seem.

♌ Leo
July 24 - Aug. 23
If you feel the need to open up about your feelings, now is the time because you are guaranteed a positive response. In fact, you will be surprised how easy it is to confide in people and how readily they confide in you.

♍ Virgo
Aug. 24 - Sept. 23
Today's beneficial aspects will reveal new possibilities and make you realize that you have been worrying for no good reason. Chances are you will soon be made the proverbial offer you simply cannot refuse.

♎ Libra
Sept. 24 - Oct. 23
The higher you aim, the more you will accomplish and the more you accomplish, the more you will feel good about yourself. Success and popularity are yours for the taking. It doesn't get much better than this.

♏ Scorpio
Oct. 24 - Nov. 22
Don't sit at home thinking about what might have been. Get out there into the world and do something dynamic. The next few days are going to be crucial to your emotional and mental wellbeing, so be positive.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in the money area of your chart urges you to try something new, especially if you are not getting as much as you would like from your career. You need to be more adventurous. Is that so hard?

♑ Capricorn
Dec. 22 - Jan. 20
You can now start moving forward again after a period when you seemed to chop and change and get nowhere. Be brave, be bold and be ready to travel in a new direction over the next few days.

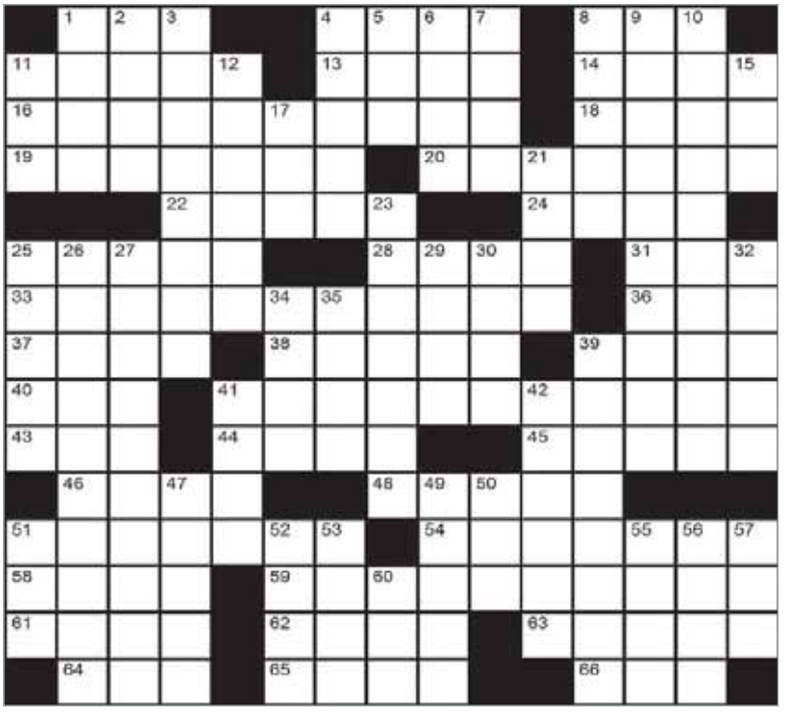
♒ Aquarius
Jan. 21 - Feb. 19
Believe it or not it is impossible for you to fail. So, the more risks you take now, the more you will achieve. Aim to be the best at what it is you do best. Anything is possible if you want it enough.

♓ Pisces
Feb. 20 - March 20
You may be of the opinion that if you talk tough, you will get what you want. But why risk alienating people when you can just as easily charm them? Say nice things and you will get nice things in return.

SALLY BROMPTON

Crossword: Canada Across & Down

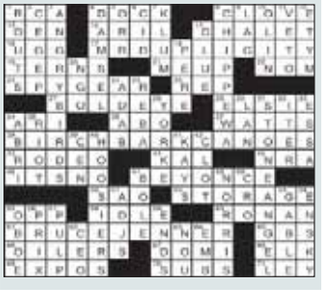
BY KELLY ANN BUCHANAN



Across
1. Great __ Sea
4. __ Breton Island
8. Sleeve
11. Charles Dickens character Edwin
13. Russian river
14. Arctic explorer John, and others
16. Nanaimo-born jazz pianist/singer: 2 wds.
18. Ship's mooring post
19. Ivy's 'grasper'
20. Brickwork
22. Fay of 1933's "King Kong", and others
24. Bread spread
25. Try
28. Director Mr. Preminger
31. Car advertisement fig.
33. Vancouver's urban oasis: 2 wds.
36. Certain ISP
37. Alan of "M*A*S*H"
38. Actress Christine
39. Farm tower
40. Family member
41. Twitter and Facebook: 2 wds.
43. Cobbler's tool
44. Boost
45. Nautical "Stop!"
46. French Polynesia island
48. Panorama
51. "The Flintstones" setting
54. Paris Hilton, for one
58. Organic compound
59. Ancient Roman greeting: 2 wds.
61. Wile E. Coyote's supplier
62. River of Florence
63. Elegance
64. Poetic nightfall
65. Church section
66. Comedy venue, __ Yuk's

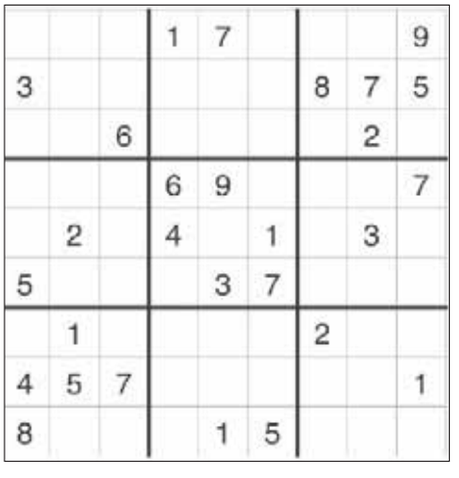
Down
1. Soft cheese
2. Welsh actor Mr. Gruffudd
3. 'Ultimate Dinosaurs: Giants from __' at the Royal Ontario Museum
4. Like permed hair
5. Southern constellation near Telescopium
6. "Gilligan's Island" tree
7. "__ Enchanted" (2004)
8. Tree: Spanish
9. Chantal Kreviazuk's hubby: 2 wds.
10. Superman's city
11. Banned pesticide
12. Hockey great Mr. Sittler
15. Farm pen
17. Car company
21. CBC Radio One host, __-Yin Lee
23. Meryl Streep movie, "__ Choice" (1982)
25. Carne __ (Mexican dish)
26. The __. __ Seaway
27. Calgary Flames rink
29. Brit's bye-bye
30. Set of three books, for short
32. Crow
34. H.G. Wells people
35. Chatter, variantly
39. In a harsh way
41. "Begone!"
42. "Flashdance" (1983) song
47. "Over the Rainbow" co-composer Harold
49. Ms. Sevigny
50. Common Market letters
51. Princess Eugenie's sis
52. Canadian figure skater Patrick
53. Ex-Idol judge Ms. DioGuardi
55. Biblical twin
56. Regina's prov.
57. Jr.s' fathers
60. Bill, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	8	7	3	1	6	4	9	5
9	1	5	2	4	8	3	7	6
6	3	4	9	7	5	8	1	2
4	2	1	8	3	7	6	5	9
8	5	3	6	9	2	7	4	1
7	6	9	1	5	4	2	8	3
3	4	8	5	6	9	1	2	7
1	9	2	7	8	3	5	6	4
5	7	6	4	2	1	9	3	8

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Wednesday
2°/-8°
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